



*Oglala Sioux Tribe
Health Administration
and Public Health Authority*



P.O Box 5011 Pine Ridge, SD 57770—Ph. 605.867.1704—Fax 605.867.2063

Isolation and Precautions for People with COVID-19

If you had no symptoms

- **Day 0 is the day you were tested** (not the day you received your positive test result)
- **Day 1 is the first full day** following the day you were tested
- If you develop symptoms within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset**

If you had symptoms

- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
- **Day 1 is the first full day** after the day your symptoms started

ISOLATION

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.**

You are **likely most infectious during these first 5 days.**

- **Wear a high-quality mask**, if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Do Not Travel.
- Stay home and separate from others as much as possible.

- Use a separate bathroom, if possible.
- Take steps to improve ventilation. at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your symptoms If you have an **emergency warning sign** (like trouble breathing), seek emergency medical care immediately.

Contact a Contact Tracer Immediately

Ending Isolation

End isolation based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had no symptoms

You may end isolation after day 5.

If you had symptoms and:

Your symptoms are improving

You **may end isolation after day 5** if:

- You are fever-free for 24 hours (without the use of fever-reducing medication).

Your symptoms are not improving

Continue to isolate until:

- You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are improving. ¹

If you had symptoms and had:

Moderate illness (you experienced shortness of breath or had difficulty breathing)

You need to **isolate through day 5.**

Severe illness (you were hospitalized) or have a weakened immune system

- You need to **isolate through day 5.**
- **Consult your Contact Tracer** before attempting to end isolation.
- Ending isolation without a viral test may not be an option for you.

Regardless of when you end isolation

Until at least day 10:

- Avoid being around people who are more likely to get very sick from COVID-19.
- Remember to wear a high-quality mask when indoors around others at home and in public.

Removing your Mask

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving),

- Wear your mask through day 10.

OR

- If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

Note: If your antigen test results¹ are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

After Being Exposed to COVID-19

Close Contact

START PRECAUTIONS

Immediately

Wear a [mask](#) as soon as you find out you were exposed

Start counting from Day 1

- Day 0 is the day of your last exposure to someone with COVID-19
- **Day 1 is the first full day** of your exposure

CONTINUE PRECAUTIONS

10 Full Days

You can still develop COVID-19 up to 10 days after you have been exposed

Take Precautions

Wear a high-quality [mask](#) or respirator (e.g., N95) any time you are around others inside your home or indoors in public ¹

- Do not go places where you are unable to wear a mask.

Take [extra precautions](#) if you will be around people who are [more likely to get very sick from COVID-19](#).

[More about how to protect yourself and others](#)

Watch for symptoms

- fever (100.4°F or greater)
- cough
- shortness of breath
- Runny Nose
- Body Aches
- Congestion
- Sore Throat
- Diarrhea/Nausea

If you develop symptoms

- [isolate immediately](#)
- [get tested](#)
- stay home until you know the result

If your test result is positive, follow the [isolation recommendations](#) and **contact a Contact Tracer.**

GET TESTED

Day 6

Get tested at least 5 full days after your last exposure

Test even if you don't develop symptoms.

Negative

A negative COVID-19 test means the test did not detect the virus, but this **doesn't rule out that you could have an infection.**

If you have symptoms:

You may have COVID-19, but tested before the virus was detectable, or you may have another illness.

Take general public health precautions to prevent spreading an illness to others.

Contact a healthcare provider if you have any questions about your test result or if your symptoms worsen.

If you do not have symptoms, but were exposed to the virus that causes COVID-19, you should continue to take recommended steps after exposure.

If you do not have symptoms and you have not been exposed to the virus that causes COVID-19, you may return to normal activities.

Continue to take steps to [protect yourself and others](#), including monitoring for symptoms. Get tested again if symptoms appear.